

ABSTRAK

HUBUNGAN PERILAKU TB PARU DENGAN KONVERSI SPUTUM AKHIR TAHAP INTENSIF DI KECAMATAN KEMBARAN

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Latar Belakang : Konversi sputum di akhir tahap intensif merupakan indikator untuk menilai hasil pengobatan TB paru secara dini. Perilaku perawatan diri penderita selama dua bulan tahap intensif penting dilakukan dalam manajemen TB paru. Tujuan penelitian ini untuk mengidentifikasi hubungan antara perilaku perawatan diri dengan konversi sputum akhir tahap intensif penderita TB paru di Kecamatan Kembaran.

Metode : Desain penelitian berupa penelitian kuantitatif dengan pendekatan *cross-sectional*. Pengambilan sampel menggunakan teknik *total sampling*. Sebanyak 36 penderita TB paru akhir tahap intensif memenuhi kriteria inklusi. Data perilaku perawatan diri diambil menggunakan kuesioner dan data konversi sputum didapat dari hasil cek sputum ulang di akhir tahap intensif. Data dianalisis dengan uji *Chi Square*.

Hasil : Mayoritas responden berada dalam rentang usia 15-44 tahun (44,4%), jenis kelamin perempuan (52,8%), memiliki pendapatan kurang dari UMR (55,6%) dan mempunyai IMT normal (58,3%). Sebanyak 55,6% responden memiliki perilaku perawatan diri baik. Responden berhasil konversi sebanyak 50% dan gagal konversi sebanyak 50%. Hasil uji *Chi Square* menunjukkan hubungan bermakna antara perilaku perawatan diri dan konversi sputum akhir tahap intensif dengan $p=0,044$. Penderita dengan perilaku perawatan diri yang baik memiliki proporsi gagal konversi yang lebih rendah dibanding penderita dengan perilaku perawatan diri kurang.

Kesimpulan : Perilaku perawatan diri berhubungan dengan konversi sputum. Perilaku perawatan diri yang baik memiliki proporsi gagal konversi yang lebih rendah daripada perawatan diri yang kurang baik.

Kata Kunci : konversi sputum, perilaku perawatan diri, TB paru.

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ABSTRACT

CORRELATION BETWEEN SELF-CARE BEHAVIOR AND SPUTUM CONVERSION AT THE END OF INTENSIVE PHASE OF PULMONARY TB PATIENTS IN KEMBARAN SUB-DISTRICT

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Background : Sputum conversion at the end of intensive phase is early indicator to assess treatment outcome. Self-care behavior on intensive phase is important in tuberculosis management. This study is aimed to identify the correlation between self-care behavior and sputum conversion at the end of intensive phase of pulmonary TB patients in Kembaran Sub-district.

Methods : This study used quantitative design with cross sectional approach. Sampling technique used total sampling. A number of 36 respondents were fulfill inclusion criteria. Self care behavior data were collected with self-care behavior questionnaire. Sputum conversion data were obtained from the end of intensive phase. Chi Square test was performed as bivariate analysis

Results : Majority of respondents were at 15-44 group age (44.4%), were females (52.8%), had income lower than regional minimum wage (55.6%) and had normal BMI (58.3%). Majority of respondents (55.6 %) were at high self-care category. A total of 50% respondents were converted and 50% respondents were unconverted respondents. *Chi Square* test showed a significant correlation between self-care behavior and sputum conversion ($p=0.044$). Respondents with high self-care category end up with lower unconverted rate compared to low category self-care respondents.

Conclusion : there was significant correlation between self-care behavior and sputum conversion. High self-care respondents had lower unconverted proportion than low self-care respondents.

Keywords : self-care behavior, sputum conversion, pulmonary TB.

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